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# Aging

U. S. DEPARTMENT OF HEALTH, EDUCATION, AND WELFARE

No. 38 — December 1957

## National and International Gerontological Societies Make Plans

### Gerontological Society Meeting Tops Previous Sessions

Cleveland served as a gracious 3-day host to the 10th Annual Meeting of the Gerontological Society, leading U. S. organization of researchers, medical clinicians, and workers in applied social fields at the beginning of November. Enthusiasm ran high over the scientific sessions arranged by Dr. James Birren and associate program planners.

Reports of current studies in the four broad fields were given in fast-moving concurrent sessions each day. One of the unique features of the program was a series of symposia presented in general sessions to encourage interdisciplinary participation.

The papers on biological mechanisms in aging, assessment of social welfare services, assessment of health, and assessment of mental and social health, are to be published as a supplement to the *Journal of Gerontology*. The entire program reflected the rising level and scope of research and action, the zeal of those engaged in advancing the field, and the growing interest of the country. The meeting was covered by the Associated Press, *The New York Times*, The Cleveland papers, and *Geriatrics*.

The Society's President, R. J. Havinghurst, introduced five European gerontologists who extended greetings from their colleagues, participated in the assessment symposia, and presented a survey of European gerontology. The special guests, whose presence was made possible by a grant from the National Institutes of Health, were Prof. F. Bourliere of France, Dr. T. Geill of Denmark, Prof. F. Verzar of Switzerland, Prof. A. T.

(Continued to bottom of column 2)

### Action on Next International Gerontological Congress

Plans for the Fifth International Gerontological Congress to be held in 1960 were advanced two more steps during the meeting of the Gerontological Society in Cleveland. The American Executive Committee of the International Association of Gerontology, under the Chairmanship of Dr. Albert I. Lansing, unanimously affirmed the selection of Mr. Louis Kuplan of California as Vice President of the International Association in charge of the 1960 Congress.

The Committee also approved San Francisco as the site of the Congress provided facilities for the meeting become available along with sufficient funds to invite a relatively large number of gerontologists from Europe, Latin America, and other areas of the world.

(Continued from bottom of column 1)

Welford of England, and Dr. R. J. van Zonneveld of the Netherlands. Following the Gerontological Society meeting these guests visited several centers of research and program action to consult with American colleagues, lecture, and pick up ideas which they are hopeful of transplanting to their own countries.

In its business sessions, the Society accepted an invitation to hold its next Scientific Meeting in Philadelphia on November 5 through 7, 1958, and chose Mr. Louis Kuplan, the Executive Secretary of California's Citizens Advisory Committee on Aging, as its President-Elect for the year 1959. During 1958, the Society's activities will be guided by Dr. Albert I. Lansing of the University of Pittsburgh.

## Ford Foundation Evolves Policy for Support of Projects in Aging and Gerontology

Research, training, and demonstration projects will be of special interest to the Ford Foundation in its evolving, experimental program of support for activities in aging and gerontology. The Foundation's policy is the result of almost two years of exploration of the field and of other sources of support. Recently approved by the Board of Trustees, it represents, in a sense, a distillation of opinions on the major problem areas and support needs held by scores of agencies and individuals.

The three areas of primary concern, as seen by the Foundation, are health, housing and living arrangements, and leisure time activity for older persons. While these areas have been selected for emphasis, spokesmen for the Foundation insist that the approach will remain completely flexible and that projects in such areas as economic and political aspects of aging will receive full consideration.

Recognizing, however, the large resources of the Federal and State governments currently supporting biological and medical research, along with the resources of other foundations, the Ford Foundation does not expect to support much laboratory or clinical research in the health field. Instead it plans to support projects for education and training of professional and lay personnel and projects designed to provide understanding and methods of overcoming the obstacles which lie in the way of getting health services to people.

Consistent with its long-time policy the Foundation will not support charitable projects limited to local purposes or effect.

Present expectation is that funds available for the coming year will be divided somewhat equally between academic research and training, on the one hand, and community demonstration and training projects on the other. In both areas, the Foundation hopes to lend encouragement to the present trend toward an interdisciplinary approach when such approach seems appropriate.

The Foundation seems to be impressed with the potential for discovery of new knowledge which may reside in demonstration projects coordinated with basic social science research. It appears likely that community projects which provide for such coordination will receive most favorable consideration along with those which have broad as opposed to purely local significance. From this point of view, the value of demonstration projects is enhanced when scientific evaluation schemes are built into them.

It is anticipated that the grant program will

become operative during 1958, following a series of meetings which representatives of the Foundation are holding with academic and community experts in a dozen or more regional centers across the country. The two-fold purpose of these round-table sessions which are being conducted by the Foundation's Vice President Thomas H. Carroll and his assistant, Stacey H. Widdicombe, are: (1) to explain the policy and program to a sizeable number of key individuals in the field and (2) to seek further guidance looking toward the establishment of priorities and approaches within the broad areas of stated interest. Inquiries should be addressed to the Foundation at 477 Madison Avenue, New York 22, N. Y.

## Residence for Seniors: New Style

*Santa Barbara* is boasting about *Wood Glen Hall*, a brand new residence for senior citizens in the middle income range. The directors of the nonprofit corporation responsible for the project state that their purpose is to benefit three generation families by providing a place to live for older persons who would be forced otherwise to double up with their children.

*Wood Glen Hall*, with its 10 double and 30 single rooms, accommodating a total of 50 residents, is located in a residential area close to shopping and transportation facilities. Meals are served in a central dining room but a kitchen and 2 kitchenettes are available to residents for snacks and private entertaining. Modern as it can be, the Hall has a lounge with stage and screen, 2 living rooms, 2 arts and craft rooms, sewing room, barber and beauty shop.

Monthly cost is expected to level off at between \$150 and \$175 per resident, covering room, meals, cleaning, and heavy laundering. Residents are expected to care for their own rooms. Additional work by residents around the home is compensated at prevailing rates. *Wood Glen Hall* is for ambulatory, alert older persons who will make use of community health facilities during periods of illness. A brochure may be obtained by writing to *Wood Glen Hall, Inc.*, 205 East Carrillo St., Santa Barbara, Calif.

## PHS Advisory Committee Meets

The first meeting of the new, 13-member National Advisory Committee on Chronic Illness and Health of the Aged, recently appointed by Surgeon General Burney of the Public Health Service, D/HEW, was held October 17-18 in Washington.

The Committee is composed of authorities in medical education, geriatrics, physical and industrial medicine, nursing care of the aged, public health, and public welfare. It will meet periodically to consult with and advise the PHS on matters

pertaining to the development of policy and programs.

At its first meeting, the Committee met with representatives of PHS's Division of Special Health Services to review the current program in the light of the complex medical, social, and economic problems associated with chronic illness and health of the aging.

As a result of the meeting, the Committee made preliminary recommendations that PHS: (1) Continue to study the feasibility, acceptability, and validity of multiple screening and periodic health examination procedures in communities as methods of uncovering those illnesses; (2) consider establishing training programs to develop specialized consultants on the care of people in nursing and aging homes so that such consultation can be made available both to official health departments and to private owners and voluntary agency operators of such homes; and (3) expand and intensify training programs (seminars) in Regions and States to include all aspects of chronic disease and aging problems and to permit attendance by local voluntary health and private medical groups.

For further information, write to the Division of Special Health Services, U. S. Public Health Service, Department of Health, Education, and Welfare, Washington 25, D. C.

## Emeriti Professors Program Grows

The John Hay Whitney Foundation reports that 16 distinguished emeriti professors are teaching this year in independent, liberal arts colleges under its program begun in 1952. This brings to 75 the number who have had such appointments. A majority of the emeriti professors have been so successful that they have been invited to continue their work beyond the award year.

The program serves: (1) to honor individuals who have not only distinguished themselves by a lifetime of inspired classroom teaching but also have retained the physical and mental vigor to continue their important contribution to American youth and (2) to strengthen teaching of the humanities in independent, liberal arts colleges throughout the country.

In making selections of individuals, the Foundation's Humanities Committee searches for a quality of teaching which is broad and concerned with human values. A majority of the appointments have been in the arts, history, languages and literature, philosophy, religion, and the social sciences but professors in other fields such as mathematics and the natural sciences may also be included.

The Foundation's address is 630 Fifth Ave., New York 22, N. Y.

## Conferences

The Surgeon General of the Public Health Service, D/HEW, has invited 125 individuals and agencies to participate in a *National Conference on Nursing Homes and Homes for the Aged* to be held Feb. 25-28, 1958, at the Department in Washington.

Subject to review by a special Planning Committee, the Conference, designed to lead to the improvement of services for the chronically ill and the aged, will cover: Medical service, nursing service, food service, social service, environmental health, fire safety, accident prevention, licensure, consultative assistance, training, educational programs, relationships with other medical facilities and programs, community relationships, and other aspects of nursing homes and homes for the aged.

The Public Health Service intends to publish a report of the proceedings of the working sessions and their recommendations following the Conference as soon as possible.

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The October issue of the *Texas Gerontological Society Newsletter* reports two conferences. The first was their own first annual meeting at Galveston on Nov. 17-18 (further information: Rev. Louis Wickham, 1402 Drake Ave., Austin 4, Texas). The second was that of the *Texas Social Welfare Association* at Galveston on Nov. 17-20, with three sections on aging scheduled.

## News of State Commissions

Oregon's Governor Holmes has appointed the members of the *State Council on Aging* to study and act on Oregon's problem of older citizens, as authorized by the 1957 Legislature. In addition to the 37 lay members, the Governor named representatives of the following State Agencies: Mental Hospitals, Board of Health, Department of Public Welfare, Department of Education, Employment Service, Department of Higher Education, and of the State AFL-CIO Labor Council.

The Council is directed to investigate the problems of the aged, provide consultation service to communities, encourage and assist all agencies concerned, and to make recommendations to the Governor and the Legislature. Dr. Wesley G. Nicholson, P. O. Box 5156, Eugene, was named chairman.

The Texas Legislature has approved Senate Concurrent Resolution No. 60, establishing a 15-member *Committee to Study the Needs of the Aged*. The Committee, authorized to make a broad and all-inclusive study, is directed to draft and

# Aging

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U. S. DEPARTMENT OF  
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Marion B. Folsom, Secretary

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AGING is a medium for sharing information about programs and activities among agencies and organizations in the field, their staffs and board members and other interested individuals. Communications and items suitable for publication should be sent to The Editors of *Aging*, Department of Health, Education, and Welfare, Washington 25, D. C.

Subscription \$1.00 a year, 25 cents additional for foreign mailing; 10 cents for single copy. Send to Superintendent of Documents, U. S. Government Printing Office, Washington, D. C. The printing of this bulletin has been approved by the Director of the Bureau of the Budget, August 22, 1957.

recommend legislation "for the aid of the State's aged citizens." The five Senate and five Assembly members have been appointed; the five private citizen members are still to be selected.

According to newspaper reports from Olympia, Washington, Governor Rosellini is in the process of reorganizing the *State Council for the Aging*, which had been active under Governor Langlie.

## The Way the Wind Blows

The San Francisco Board of Supervisors has approved the setting aside of 298 low-rent housing units, in the Western Addition and Sunnydale Public Housing Projects, for elderly persons. This represents only 60% of the available units in a conscious attempt to avoid segregation of the older people.

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Pedestrian death rates, as reported in the October 1957 issue of *Progress in Health Services*, are highest in the 45 plus age group. In 1956, three-fifths of the total number of such deaths occurred in the older age group. Report available from Health Information Foundation, 420 Lexington Ave., New York 17, N. Y.

The Southern Regional Conference of the Council of State Governments, meeting in Baltimore in September, passed a resolution urging the legislatures of the 16 Southern states to consider means for expanding employment opportunities for older citizens. The resolution further recommends that consideration be given to a conference of agencies on the various problems of the aged.

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The Spokane Gerontology Council, Inc. has purchased a former telephone company exchange building for use as a vocational and cultural activity center for citizens 60 and over. The Center will have hobby and recreation rooms, work shop, auditorium, and dining room, according to Mrs. Franklin L. Aumack, Council President, N. 1609 Ash St., Spokane, Wash.

The Council has also opened a *Thrift Shop* to aid in the support of the Golden Age Center. Members of the Center are employed to repair clothing, furniture and household goods.

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Following the successful experiment of writing combined social security benefit checks for elderly couples, instead of separate checks for husband and wife, for those couples who came on the rolls after September 1956, the Social Security Administration, D/HEW, has decided to extend this payment procedure to all couples after December. However, checks will not be combined in cases where the husband and wife are not living together, where part of the wife's payment is based upon her own employment record, or where either spouse objects. It is estimated that the writing of combined checks will save about one million dollars a year.

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The Family Service of Lackawanna County, 615 Jefferson Ave., Scranton, Pa., has inaugurated a *Homemaker Service* for persons 60 years of age and older. It is available to anyone needing part-time help with routine cleaning, cooking, or marketing. If the persons served can afford to pay all or part of the homemaker's salary, they are expected to do so; otherwise salaries are paid by the Division of Aging, State Department of Welfare. Homemakers are employed and supervised by the Family Service.

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Dr. W. W. Morris, Assistant Dean for Medical Student Affairs at the State University of Iowa, Iowa City, has been appointed Director of the University's Institute of Gerontology. He replaces Dr. Steven M. Horvath who was appointed by Governor Loveless to the new Iowa Study Committee on the Care of the Aging.

Secretary Folsom, D/HEW, has appointed a 12-member *Advisory Council on Social Security Financing* to review the long-range financial position of the social security system. The 1956 amendments to the Social Security Act require the appointment of such a council before each of the future scheduled increases in social security taxes in 1960, 1965, 1970, and 1975. The Council, which will review the status of the Old-Age and Survivors Insurance Trust Fund and the new Disability Insurance Trust Fund in relation to the long-term commitments of these programs, is to report by the end of 1958.

The members of the Council represent employers, employees, self-employed, and the public.

The Social Security system is now paying benefits to almost 11 million people. In the fiscal year ending June 30, benefits came to \$6.5 billion while income was \$7.1 billion. Administrative expenses totaled \$150 million. The trust fund increased by \$400 million to \$23 billion.

Under the present law, the payroll tax is scheduled to increase at the beginning of 1960 from 2 1/4 to 2 3/4 percent of the first \$4,200 of annual earnings for the employer and the employee. For the self employed, the tax rate will increase from 3 3/8 to 4 1/8 percent on the same maximum taxable earnings.

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*Detroit's Retired Workers Centers*, operated by the United Automobile Workers, AFL-CIO, teamed up with the local Red Cross Chapter to conduct a first aid class for thirty 69 to 87 year old retired men. Twenty-five passed the final examination and received certificates. Miss Elaine Stinson, Coordinator for the Centers (Solidarity House, 8000 E. Jefferson Ave., Detroit 14, Mich.) reports that more courses are planned, the next to deal with home nursing.

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*My Family* (see *Aging 30*) announces that it has purchased property in Decatur, Georgia, for a national headquarters building and a model home for the aged. Executive Secretary of "My Family" Inc. is Hodge Havis, Box 421, Decatur, Ga.

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Chicago's *Drexel Home* is boldly experimenting with two top-level study-discussion seminars for its residents. The programs are "Current Issues in American Life" and "World Politics," developed by The American Foundation for Political Education to raise the level of citizen competence for decision making. Mr. Ben Grossman, Drexel Home's Executive Director, reports enthusiastic response to the first sessions. For a further report write to Mr. Grossman, 6140 Drexel Ave., Chicago 37.

A part-time job placement service for retired persons 65 and over has been established by the Bartholomew County (Ind.) Retirement Study Foundation in conjunction with the Indiana Employment Security Division. Retired, older persons will be asked to register giving their name, address, telephone, physical health, work history, and job preference. Write Dr. Herbert Hunsaker, Purdue University, Lafayette, Ind.

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The October 20th issue of the nationally distributed Sunday supplement, *Parade*, carries a short but moving story, "A Chance to Live Again," describing the *Senior Men's Bureau of the Cedar Rapids (Iowa) Chamber of Commerce*. This ten-year old group of 65 pluses is dedicated to living again through community service. As one older member puts it: "Now I again have the chance to pay my civic rent."

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*The Soroptimists* were ready when the seniors of Texarkana, Texas, outgrew their meeting room in a local church. Result: More than 100 people over 60, organized as the *Adult Friendship Club*, now have a 10-room, centrally-located house remodelled to accommodate their programs of work, education, and recreation. The Soroptimist International Club of Texarkana also provides upkeep and helps with other services.

## Books, Pamphlets, and Reports

*The Chronically Ill*, by Joseph Fox. New York: The Philosophical Library. 1957. Pp. xix+229. \$3.95. The book presents a clear, largely nontechnical discussion of chronic illness, its significance for the individual, kinds of treatment and facilities required, the costs of action and of inaction, and new concepts in institutional planning. It is good reading for the layman and community worker as well as for personnel of the health professions. The author has had long experience in managing a home for the aged and a hospital for chronic illness.

### From Eldora to Eldorado!

In his enthusiasm over the story of the senior citizens of *Eldora*, Iowa, and their remarkable self-organized program of service, on the second page of the November *Aging 37*, your editor literally transported the story to *Eldorado*. With humble apologies to inconvenienced readers, all the people of *Eldora*, and to Prof. Runkel, who shares no blame, we set the record straight. *Eldora* may be an *Eldorado*, but the post office prefers the spelling: *Eldora*.

*Trends in Gerontology*, by Nathan W. Shock. Second Edition. Stanford, Calif.: Stanford University Press. Pp. 214. 1957. \$4.50. This completely revised edition of the book with the same title published in 1951, shows evidence, as does the author's supplemental bibliography on aging reviewed elsewhere in this issue, of the mushrooming growth of interest and programs in the broad field of aging. It presents comprehensive information on action programs in this country and research underway here and in Europe.

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*Brightening the Senior Years*, Legislative Document No. 81, 1957, is the latest in the series of excellent reports of the New York State Joint Legislative Committee on Problems of the Aging. The 139-page book carries 21 articles ranging from high-level scientific discussions of aging as a personal phenomenon to careful descriptions and analyses of current programs and unsolved problems. The 39 pages of Committee findings and recommendations provide a thoroughgoing blueprint for action. With its customary thoughtfulness, the Committee makes no charge for the report. Chairman (Senator) Thomas J. Desmond or Executive Director Albert J. Abrams, 94 Broadway, Newburgh, N. Y., will supply copies.

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The Committee on Aging of the Town of South Kingston, R. I., has addressed two leaflets to older citizens. One, *To Help Increase Your Satisfaction in Living as You Grow Older*, gives sources of activities and services in the community. The other, *To Help You to Decrease the Danger of Falls in Your Home as You Grow Older*, gives helpful suggestions on home safety. For copies, write to the Committee, c/o Dr. M. C. S. Noble, Jr., U. of Rhode Island, Kingston, R. I.

★

*Services for the Aging*. Edited by Irving L. Webber. Gainesville: University of Florida Press. 1957. Pp. xx+159. \$2.50. This compact volume presents the papers delivered at the 7th Annual Conference on Aging conducted by the University's Institute of Gerontology. In keeping with the Conference theme, the papers discuss and describe services in welfare, health, employment counseling, and recreation. One special feature of the book is a group of four papers dealing with special services in institutions for the aged. Programs in Veterans Administration rehabilitation centers and domiciliaries are described in detail. A number of cautions against easy generalization regarding the wishes of older people is included in the summary by Mrs. Barbara Shenfield of England, whose useful *Social Policies for Old Age* was reviewed in *Aging* 32.

Two useful papers on mental health of the aged have recently been published:

*Psychiatry in a Home for the Aged*, a speech by Morris Zelditch, Social Planning Director, Council of Jewish Federations and Welfare Funds, 165 W. 46th St., New York 19, N. Y., to the Medical Committee of the Cleveland Jewish Orthodox Home for Aged. Outlines the short and long range possibilities of psychiatric programs and indicates the experience of other homes for the aged.

*A Psychiatrist Looks at Aging*, an address by Dr. Jack Weinberg to an institute for volunteer and new staff workers of the Welfare Council of Metropolitan Chicago. Reviews the psychological nature of aging in our culture and how people try to adapt. For sale by the Council, 123 W. Madison St., Chicago 2, Ill., for 15¢.

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*Strokes*, Publication No. 513 of the U. S. Public Health Service, D/HEW, describes, in popular language, diseases of the blood vessels of the brain, and their prevention, and methods of treatment and rehabilitation. For sale by Government Printing Office, Washington 25, D. C., for 10¢.

★

"Social Security Today," by Robert Ball, Deputy Director, Bureau of Old-Age and Survivors Insurance, in the July issue of *Public Welfare*, is a comprehensive presentation of the present status and probable future of social security, both in the insurances and public welfare. It discusses the ability of the economy to provide social security for all of the people and sets forth the philosophic basis for doing so. Quarterly publication of the American Public Welfare Association, 1313 E. 60th St., Chicago 37, Ill. \$4 per year, \$1 per copy.

★

*Hiring Older Workers*, a summary of the replies of 121 N. Y. companies to a survey of hiring practices for executive employees conducted by the Office Executives Association, provides a very sobering picture. Most revealing is a comparison of the employer response on maximum hiring age with his response on age of maximum productivity. For further information, write to the Association, 33 W. 42nd St., New York 36, N. Y.

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A limited number of reprints of a technical article, "Preventive Geriatrics—Importance of Good Nutrition and Exercise in the Aged," from the May 1957 issue of the *Journal of the Michigan State Medical Society* are available from the Chairman of the Medical Society's Geriatrics Committee, Dr. A. Hazen Price, 606 Townsend St., Lansing 15, Mich.

Reports based on intensive study of the old-age assistance programs in two States have just been published.

*Study of Old-Age Assistance Recipients*, Report No. 7 of the Public Welfare Board of North Dakota, is a comprehensive and detailed analysis of a 20% sample of old-age assistance recipients in the State. The 53-page report (including 73 tables) is available from the Board at the State Capitol, Bismarck, N. D.

*Old-Age Assistance—A Survey of Mississippi's Program* is a broader analysis of the State's program in relation to the needs of the aged population and features comparisons with other States. Available from the Committee on State and Local Government of the Mississippi Economic Council, P. O. Box 1849, Jackson, Miss.

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D/HEW's Public Health Service announces publication of a most useful booklet, *The Older Person in the Home—Some Suggestions for Health and Happiness in the 3-Generation Family*. It outlines some of the basic principles of 3-generation living and the "give and take" adjustments essential to its success, discusses the more difficult problems that arise when the family elder is handicapped, and gives pointers to consider if it seems best that the older person move into a place especially designed for the aged. The booklet, PHS Publication No. 542, is for sale for 20¢ by the Government Printing Office, Washington 25, D. C.

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The entire September issue of *The Monthly Bulletin* of the Indiana State Board of Health is devoted to articles on older persons. Included are: "Don't Leave Your Home in Indiana," "Housing Needs of the Older Person," "On Senility," "Medical Aspects of Rehabilitating the Aged," "Nutrition in the Later Years," "Older Patients in Institutions," and "Retirement—Release or Boredom." Address of the Board of Health: 1330 W. Michigan St., Indianapolis 7, Ind.

★

*The Whys and Wherefores of Housing for the Elderly*, a paper by E. Everett Ashley, of the Housing and Home Finance Agency, presented at the Second Annual Indiana Conference on Aging is available from the HHFA, Washington 25, D. C. While emphasizing conditions in Indiana, it contains pertinent information on the causes of housing problems for the elderly in the U.S., explanation of the purposes and effects of recent Federal housing legislation, and discussion of the role of the local community in providing more adequate housing for older persons. Nine tables setting forth comprehensive information on population and housing and living arrangements are included.

The United Community Funds and Councils of America, Inc., 345 E. 46th St., New York 17, N. Y., has published the *Proceedings of Workshop for Council Staff Responsible for Planning Services for the Aging* held in Philadelphia in May.

★

A new periodical, *Active Retirement—News and Ideas*, for older people and their clubs in California, made its debut this summer. The first issue, among many interesting items, carries a roster of California clubs with their addresses and "open" hours. Editor is Ernest S. Wooster, 326 E. Bishop St., Santa Ana, Calif.

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In preparation for the next session of the Congress, opening in January, the Special Staff on Aging, D/HEW, has published a *Summary of Bills of Interest in the Field of Aging Introduced in the 1st Session, 85th Congress*. It consists of an analytical listing of 26 selected general bills and 469 selected special bills, classified according to their major provisions. The material is based in part on special analyses prepared by constituent agencies of D/HEW and by other members of the Federal Council on Aging. For copies of this 12-page report, write to the Special Staff on Aging, Department of Health, Education, and Welfare, Washington 25, D. C.

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Cy Grossman, long experienced in adapting, organizing, and teaching folk and square dancing to seniors, has graciously offered to make reprints of his fine article, "Adapting Dancing for Senior Citizens," which appeared in the October 1957 *Recreation*, to interested readers of *Aging*. If you send a stamped, self-addressed envelope to Mr. Grossman at 811 Walton Ave., New York 51, N.Y., he will be happy to send you a copy.

★

*Private Employee Benefit Plans—Selected Annotated References*. Bureau of Old-Age and Survivors Insurance, Social Security Administration, D/HEW. June 1957 (Rev.) Processed. Pp. 36. Lists 240 items and includes a section on references on plans in other countries. Available from the Bureau, Baltimore 2, Md.

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The Pension Planning Company, 625 Madison Ave., New York 22, N. Y., has published the paper, *Inflation and Deflation in Pension Planning*, presented by its Executive Director, Meyer M. Goldstein, at the New York University Tenth Annual Conference on Labor. This material will be of special interest to employer and employee representatives involved in designing or administering private pension plans.

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*The New Frontiers of Aging*: Wilma Donahue and Clark Tibbitts, Editors. Pp. vii + 209. Ann Arbor: University of Michigan Press. 1957. \$5. This latest in the Michigan Gerontology series reports the research symposium of the University's 1955 Conference on Aging which generated original thinking supported by significant research on critical questions in the field of gerontology. Some popular preconceptions are effectively challenged by thoughtful evaluations of recent data in such areas as population trends, income and employment, automation, and rural life. Other chapters are included on physical and mental health, psychological functions, family relationships, personal and social adjustment in the later years. Integrative introductory and summary chapters accompany these informative and provocative essays.

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*A Classified Bibliography of Gerontology and Geriatrics, Supplement One 1949-1955* by Nathan W. Shock. Stanford, Calif.: Stanford University Press. Pp. 525. 1957. \$15. Contains 15,983 items, almost as many as Dr. Shock's original bibliography, which covered the period 1900-1948, reflecting the greatly increased interest in the problems and processes of aging. A subject index makes any entry easy to locate.

★

*Health Examinations for Longer Life*, by R. O. Beckman. Pp. 12. Processed. 1957. 10¢. Senior Service Foundation, 164 W. 16th St., Hialeah, Fla. Discounts on orders of 50 or more. This pamphlet, one of a series planned by the Foundation to provide information for middle-aged and older persons, discusses the nature and benefits of periodic health examinations that enable persons to recognize and live with physical changes that take place during the aging process.

A practical how-to-do-it pamphlet, *Suggestions for the Older Worker—How to Get and Hold the Right Job!*, prepared by the Education Subcommittee of the Committee on Economic and Employment Problems of the Aging of the Maryland State Conference of Social Welfare, has been published by the Maryland Department of Employment Security. A limited number of copies is available from the Department's Employment Service Division, 6 North Liberty St., Baltimore 1, Md.

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To encourage fuller understanding and utilization of the special 1956 New York State legislation on recreation for older people, the Adult Recreation Council, created by the same law, has prepared a concise and most useful booklet, *Recreation for the Elderly—A City and a State Responsibility*. Copies are available from the University of the State of New York, State Education Department, Albany, N.Y.

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Technicians interested in the quantitative and cost aspects of the provision of health services will find useful sources in a bibliography, *Recent Publications Containing Rates of Utilization of Hospitals, Physicians and other Medical Care Services by Selected Population Characteristics*, recently compiled, and including special sections on the older age groups. Write to the Division of Program Research, Social Security Administration, D/HEW, Washington 25, D. C., to ask for Research and Statistics Note 34—1957.

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*Diet and Its Relationship to Health* is a popularization of research findings on the desirable components of diets for older people, prepared by Dr. William B. Kountz, Director of Scientific Research, Gerontological Research Foundation, 5600 Arsenal St., St. Louis 9, Mo.